

# CHS CHECKUP



A publication by and for employees of the Kentucky Cabinet for Health Services

October 30, 2003

## NEWS BRIEFS

### FLU SHOT REMINDER



Flu shots will be available to state employees on Nov. 5 and 6 (Wednesday and Thursday) at the nurses station on the 1st floor of the Human Resources Building from 8:30 to 11:30 a.m. and 1 to 4 p.m. each day.

No need to sign-up before hand.



### TIP OF THE WEEK

“Racing for Diabetes Success,” an event for people with diabetes, will be held Nov. 22 from 9 a.m.-Noon at Keeneland.

This event is sponsored by the Kentucky Association of Diabetes Educators (Bluegrass/Eastern Chapter).

The guest speaker will be Jeff Mackie, who will speak on “The Power of Response-Ability.” This humorous, thought-provoking presentation is designed to help people achieve more in your life by focusing on “response-able” behaviors of attitude, goal-setting, being a positive role-model and learning how to combat stress and burn-out through the effective use of the “Rx for Let-Down.”

The event will be at Keeneland’s Lower Clubhouse.

## Great American Smokeout Is Nov. 20; A Good Time To Quit

Thursday, Nov. 20, will mark the 27<sup>th</sup> year of the Great American Smokeout. The Smokeout is a nationally recognized event to challenge people to stop using tobacco products. The event also hopes to raise public awareness of the health risks of tobacco use and the many effective ways available to quit using tobacco.

The Tobacco Prevention and Cessation Program is encouraging employees to take up the challenge. Within the Human Resources complex, an information table will be available in the hallway outside the cafeteria to offer employees tips on quitting and helping others to quit.

“We want people to know that tobacco use is not healthy. Quitting is difficult and our program can help employees locate the resources they need to be successful,” said Dr. Rice Leach, Commissioner of the Department for Public Health. Annually, tobacco related illnesses take the lives of over 6,800 Kentuckians and over 400,000 Americans.

Researchers indicate that two thirds of all smokers say they would like to quit smoking. Nearly half of all smokers try to quit in a given year, but the addiction to nicotine is difficult to overcome.

“Very few people quit the first time,” says Irene Centers, Program Manager, “We want to encourage people to keep trying.”

For information about local cessation

activities and tips to successfully quit using tobacco contact the Tobacco Control Coordinator with the Health Department in the county where you live or Ms. Centers with Tobacco Prevention and Cessation Program at 502-564-7995, extension 3808.

Programs like Cooper-Clayton combine nicotine replacement therapy with behavioral modification over a 12-week period to help smokers quit. Physicians can also provide prescription medications to help you deal with withdrawal symptoms from nicotine.

For people thinking about quitting, the Smokeout offers public support and a feeling of camaraderie with others who are giving up cigarettes for the day. For individual assistance, log on to [www.lungusa.org/ffs/index.html](http://www.lungusa.org/ffs/index.html) for a web based smoking cessation program provided by the American Lung Association.

The Great American Smokeout is a national campaign initiated by the American Cancer Society in 1977 to draw attention to the health risks of tobacco use and secondhand smoke. It is estimated that more Americans try to quit smoking on this day than any other day of the year, including New Year’s Day.



“...promoting and safeguarding the health and wellness of all Kentuckians.”



### Houston Robertson

Services were held this week for Houston Robertson, a recently retired CHS employee who died on Saturday.

Robertson, 59, had worked for Employment Services, the Office of Inspector General and the Department for Medicaid Services before retiring in July as manager of the Financial Management Branch.

He was also a Marine veteran who served during Vietnam and Desert Storm.

His colleagues collected nearly \$450 from co-workers that was used to purchase a plant for his grave, an afghan for his wife Sue and food for his family. His family appreciates the contributions and thoughtfulness of the Human Resources Complex employees.



### Alarm System Update For HR Complex

We've been hearing for months about how the fire alarm system is being upgraded. But what exactly did they do and what are the benefits to the CHS staff?

The Finance and Administration Cabinet, who owns and manage the Human Resources Complex, hired Simplex to upgrade the fire suppression systems throughout the buildings. This work included the installation of flow switches within the sprinkler system to monitor water pressure for adequate fire protection.

Detectors were also added within the duct work for the early detection of smoke. They also replaced all the pull stations, horns, strobes and speakers throughout the Complex. In certain areas, they installed waterless suppression systems to protect records and/or electrical equipment.

All of this equipment is in the process of being tied into one panel that will be monitored by Finance staff, on site as well off property, and an independent monitoring company.

When the alarm sounds, the system automatically calls the fire and rescue staff. Finance is working with the fire department to establish computer connectivity to our system, which will allow them to read the alarm panel prior to arriving so they will know exactly where the trouble is.

Finance is now selecting alarm tones and messages to be used for each type of incident (i.e. fire, severe weather, intruder, etc.). Once selected, they will be consistent throughout all state buildings. Finance will announce the tones and play them several times over the intercom so that staff becomes familiar with them.

So, while the system is not done yet, Finance has made much progress in working to make sure we are all safe. Now, we just need to do our part and follow the instructions provided whenever a drill or real emergency is announced!



### Pumpkin Carving Contest Winners

The Pumpkin Carving contest conducted by OIG this week collected \$131 for the Kentucky Employees Charitable Campaign. The winners were:

Tina Elliston with the OIG's Division of Community Health Services carved the winning pumpkin — the Haunted Mansion.

Rebecca Solomon with the Department for Public Health was second with the Bride of Dracula pumpkin.



Kathy McDonald in the Certificate of Need Office was third with the Flying Witch pumpkin.

Will Lloyd with the Office of the Inspector General was fourth with the Rabid Clown pumpkin.



### Employee Suggestions

Two CHS employee suggestions were approved Oct. 28 by the Employee Suggestion System Council.

Tommie Russell Kendall, an administrative assistant who works in the guest relations area at Central State Hospital in Louisville, suggested changing the handicap door button and door from battery operated to all electric. Kendall was awarded an intangible award of \$100 for his suggestion.

Betty D. Milliner, rehabilitation instructor II at Hazelwood Center in Louisville, suggested purchasing rechargeable battery kits for use in modules having adaptive equipment, resulting in a first year savings of \$3,956. She was awarded \$396.



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